

On your quit date:

- ✂ Throw away all your cigarettes and chew.
- ✂ Get rid of your ashtrays, matches, and lighters.
- ✂ Clean your house, car, and clothes. You may not be able to smell the smoke right now, but you will after you quit.
- ✂ Drink lots of water. It will help you clean your body of nicotine and reduce the intensity of withdrawal symptoms.
- ✂ Do not drink alcohol.
- ✂ Cut back by half the amount of caffeine you drink (coffee, soda drinks, etc.).
- ✂ Get some exercise (walking, playing basketball, running, etc.).
- ✂ Go to places where it is prohibited to smoke or chew.

*Respect your culture,
keep tobacco sacred.*

You can call the Arizona Smokers' Helpline for additional information and support. The toll free phone number is:

1-800-55-66-222

You can also call

at _____

for advice and support in quitting commercial tobacco products.



Get Ready & QUIT

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Quitting commercial tobacco is a big change in your life. Don't downplay it - in fact, you should have a clear line between your life as a smoker or chewer and your new life as a non-commercial tobacco user. Anything you can do to prepare before drawing this line will help you in becoming free of commercial tobacco products. Here are some tips that will help you prepare for your quit date:

- ☞ Tell your family, friends, and coworkers that you are quitting commercial tobacco. Tell all of them your quit date and ask for their support.
- ☞ Avoid places where people consume commercial tobacco products (i.e., bars, casinos, bingo halls, meetings, etc.).
- ☞ Reduce the number of cigarettes that you smoke per day or the amount of chew that you consume.

- ☞ Pay close attention to the people, situations or moods that cause you to feel the urge to smoke or chew.
- ☞ Begin to plan what you will do when you feel the urge to smoke or chew after the quit date.



- ☞ Make a list of your reasons to quit commercial tobacco.
- ☞ Take a few minutes every night, and repeat your reasons to quit at least three times before going to sleep. Imagine yourself free of commercial tobacco products.
- ☞ Ask your local doctor or pharmacist for advice about the medications that will help you in quitting commercial tobacco.

- ☞ Find an elder or mentor who can guide you through this time.
- ☞ Ask a person who quit commercial tobacco for advice
- ☞ Pray or meditate to strengthen your will.
- ☞ Frequent people who don't misuse commercial tobacco products.
- ☞ Practice saying, "No, thank you. I have stopped using commercial tobacco." or "Thank you, but I promised I'd stop using it."
- ☞ Calculate the money that you will save in a year by quitting commercial tobacco products.

